

# CRAIGHALBERT NEWS

June 2009



## BEAUTY & SHOPPING EVENING

Tickets are now on sale for the next Beauty & Shopping Evening, which takes place at the Centre on Wednesday 17 June from 7.30pm to 10pm. As well as the ever-popular Body Shop At Home demonstration, there will also be stalls selling handbags, jewellery and beauty treatments, amongst other things.

We're also on the hunt for raffle prizes, so if you'd like to make a contribution or buy tickets (£5 each, including wine and nibbles), please contact Kirsten on 01236 456100 or email [kirstenbruce@craighalbert.org.uk](mailto:kirstenbruce@craighalbert.org.uk).

## CRAIGHALBERT GOLF CLASSIC 2009

We're delighted to announce that the Craighalbert Golf Classic 2009 will take place on **Thursday 3 September** at Dullatur Golf Club. Entry for a team of four players is £400, remaining unchanged from recent years.

The event kicks off at 8.30am with registration and breakfast, followed by a shotgun start at 10am. A buffet lunch (including a complimentary drink) will be served on players' return to the club house, during which tickets will be sold for the raffle.

This will be the eleventh Craighalbert Golf Classic, and 2009 is also the Centre's 18<sup>th</sup> birthday, so we want to make this year's event the biggest and best ever! You can help us to do this by participating, contributing raffle prizes (they don't have to be golf-related) or passing on the information to anyone you think may be interested.

For more information or to request a registration form, please contact Kirsten by phone or email (details overleaf) or visit [www.craighalbert.org.uk/golfclassic2009](http://www.craighalbert.org.uk/golfclassic2009) where you can download information and entry forms.

## LEARNING GARDEN LAUNCH

Rangers legend Arthur Numan unveiled the Craighalbert Learning Garden on 11 May on behalf of the Rangers Charity Foundation, who funded the project. The Centre was one of the Foundation's nominated charities last season and received a donation of £25,000 from the Foundation to fund the now-completed project.

The Learning Garden includes an outdoor classroom, water features, wooden planters, toadstools, a 'Rocky Road' and a hump back bridge designed to encourage the children to play outdoors and develop their motor skills.



Using the pictures in his communication book, seven-year-old Rhys, who attends the School Group, said, "I like the Learning Garden. It makes me happy to play hide and seek there, and to ride my bike over the hump-back bridge. I also see rabbits and birds and squirrels. The Learning Garden is really good."

## MDP COULPORT VISIT & DONATION

Sgt Brodie Pryke and Sgt Stuart McColm of the MDP Coulpport Sick Children's Fund presented two Smart Sympodiums to the Craighalbert Centre on Thursday 7 May. The Smart Sympodium is an interactive monitor that links to a PC and allows control of all software and devices using a tethered stylus that accompanies the monitor.

We're very grateful to the MDP Coulpport Sick Children's Fund for donating these great pieces of equipment. The children will be able to use the sympodiums to interact much more, actively participating in class activities and learning. The system will allow them to improve their co-ordination through using the stylus, and it will also really help their communication skills by opening up new methods of communication. This will let them demonstrate their knowledge and continue to learn, which in turn will increase their confidence and motivation.

Sgts Pryke and McColm also brought their patrol car with them, giving the children the opportunity to have a look inside and use the sirens! Pictured right with Sgt McColm are Louise and Ellis from the Outreach Group.



# FABULOUS FUNDRAISERS

Thank you to all our Women's 10K runners, who had to put up with all kinds of weather on their challenge on Sunday 10 May! **Stephanie Cummings** raised **£150** in sponsorship, and the girls from **BPI Poly** in Greenock (pictured right) raised **£1710**. Well done to all of you!

A big thank you also goes to **Devro (Scotland)**, who have donated over £300 in the past two months. Pictured on the right is Devro's Alex Beattie presenting a cheque for £200 to Kirsten.

Many other donations were made between March and May by companies, clubs, individuals and family and friends of those who attend the Centre. Thanks to all of you for your generous support!



Quite a few supporters are also undertaking fundraising challenges in the next few months in order to raise money for the Centre.

- **Steven Insua-Cao** is tackling the **Edinburgh Marathon** on 31 May and is raising money through his fundraising page at [www.justgiving.com/steveninsuacao](http://www.justgiving.com/steveninsuacao), which is active until the end of August, so if you're impressed with his undertaking, why not make a donation?
- **Paul Milner** is doing the Moray Marathon in September and is also fundraising through Just Giving - visit [www.justgiving.com/paulmilner](http://www.justgiving.com/paulmilner) to help him raise funds for the Centre.
- **Cumbernauld TA** are entering the Great Scottish Run Half Marathon in September.

## GET INVOLVED!

Inspired by our fabulous fundraisers? There are plenty of opportunities coming up for you to get your running shoes on and raise money for Craighalbert:

- **Men's Health Forum Scotland Men's 10K - Sunday 21 June, Glasgow**  
Register at [www.mhfs.org.uk/10K.php](http://www.mhfs.org.uk/10K.php)
- **Great Scottish Run Junior 1.5K and Junior 3K - Saturday 5 September, Glasgow**  
Register at [www.runglasgow.org](http://www.runglasgow.org)
- **Great Scottish Run 10K and Half Marathon - Sunday 6 September, Glasgow**  
Register at [www.runglasgow.org](http://www.runglasgow.org)
- **Moray Marathon - Sunday 13 September, Elgin**  
10K, Half Marathon and Marathon. Register at [www.moraymarathon.com](http://www.moraymarathon.com)
- **Cumbernauld 10K - September 2009 (date TBC)**
- **Big Fun Run - Saturday 3 September, Holyrood Park, Edinburgh**  
5K fun run. Register at [www.bigfunrun.com](http://www.bigfunrun.com)
- **Loch Ness Marathon - Sunday 4 October**  
5K Fun Run, 10K and Marathon. Register at [www.lochnessmarathon.com](http://www.lochnessmarathon.com)

Just choose your event, register with the race organisers and then set up your fundraising page at [www.justgiving.com/craighalbert](http://www.justgiving.com/craighalbert) or contact Kirsten for sponsor forms.

Or if you **fancy something other than running**, remember that you can turn virtually any activity into a fundraiser, so why not get creative, have some fun and raise money for the Centre?

## CONTACT DETAILS

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